



Understanding what makes your toddler tick - the key to a happy, well-balanced child



Latest Newsletter: August 2010: Brought to you by Sr. Ann Richardson, the Sense-Able Baby and Toddler Expert

Latest News

Dear Mums and Dads,

I don't know about you, but I am feeling rather sad about the fact that the soccer is over. The spirit and the excitement that was so tangible for the magical 4 weeks of the tournament is gone, and now life seems rather bleak and boring! Of course winter sniffles, icy weather and the watery blue sky do not help us to feel full of life and energy, particularly if you are not getting a full night's sleep. If your little toddler is still not sleeping through the night, take heart that help is at hand!



Diarise the dates for the upcoming [TODDLER SENSE SEMINARS](#) being held throughout the country in October 2010. Come and spend a morning with me whilst we traverse the toddler years together. Amongst topics such as stimulating your child through play, health, nutrition and potty training, I will also discuss how to manage behavior and discipline with love, understanding and humour, as well as problem solve any unhealthy sleeping problems you may be having with your toddler with a sense-able and loving approach. Click here to book for this prestigious event which includes great prizes, stunning goody bags and a scrumptious tea!

I am delighted to welcome Shannon Eggers, the resident play expert at Explore Play, an exciting, innovative and educational DVD series designed to encourage play and stimulate milestone development in children, as a guest speaker at the Toddler Sense Seminars this year. I was privileged to work on the DVD series with Shannon. For more information about the DVD series go to <http://www.exploreplay.com>.

Is your toddler still drinking milk throughout the night? Well, it's time to close the roadhouse down and ensure a full night's sleep for the whole family! Unless your toddler is ill, there is no reason for him to be drinking milk during the night. In addition to the sleepless nights, there is a real risk of teeth decay, and delayed toilet training. Take a look at this month's sleep article on how to [stop night feeds in the young toddler years](#). Next month will feature an article on how to stop night feeds in the older toddler.

I will be in **Lydenburg, Mpumalanga**, on Sat. 18th September presenting a "Sr Ann's Sense-Able Baby and Toddler Seminar". Bookings: Brenda Terblanche 0834001875, or Ilze Pieterse 0823377765.

If you live in the **Cape Town** area, I shall be available for consultations on Tuesday 17th and Wednesday 18th August 2010 in the Claremont area. Please send me an email on info@toddlersense.co.za if you would like to set up an appointment.

In conclusion, please don't forget about our community project with ACFS (African Childrens Feeding Scheme) and consider a monthly donation to feed a child on a daily basis. ACFS will once again be our community partner at the Toddler Sense Seminars, so when you come to the seminar, don't forget to bring any unwanted clothing, toys, stationery, kitchen goods and non-perishable foods. Any donations will be gladly accepted. For more information on how you can make a difference, go to <http://www.acfs.org.za>.

If you are not a regular subscriber to the Toddler Sense Newsletter, feel free to [subscribe to our newsletter](#).

For those of you who may be pregnant again, or have a small baby in the house once more, don't forget the annual Johnsons Baby Sense Seminars which begin countrywide in August 2010. I look forward to meeting you in Jhb, CT, PE and Durban. Book on <http://www.babysense.co.za>.

All the best,

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